Letting go …

After awhile you learn the subtle difference
between holding a hand and chaining a soul.

And, you learn that love doesn't mean leaning
and that company doesn't mean security.

And you begin to learn kisses aren't contracts
and presents aren't promises.

And, you begin to accept your defeats
with your head up and your eyes open
with the grace of an adult, not the grief of a child.

And, you learn to build all your roads on today
because tomorrow's ground is too uncertain for plans.

After a while you learn that even sunshine burns
when you get too much of it.

So, you plant your garden, and decorate your soul,
instead of waiting for someone to bring you flowers.

And, you learn that you really can endure
that you really are strong
and, you really do have worth.

Veronica R. Sheffstaff